

"The
Five
Tires"

Take No Chances in Tire Buying

There is risk in a chance—but not when you buy a tire of known quality—of known endurance.

United States Tires—all five of them, 'Royal Card,' 'Nobby,' 'Chain,' 'Uaco,' 'Plain.'

—are tires of known, demonstrated and proved service and endurance.

—the make of tires that costs less per mile today than any other make of tire—now or ever.

Proof—the consistent and persistent year-by-year, month-by-month sales increases of United States Tires.

Your experience, too, will prove their quality.

United States Tires Are Good Tires

A Tire for Every Need of Price and Use
'Royal Card' 'Nobby' 'Chain' 'Uaco' 'Plain'

United States TUBES and TIRE ACCESSORIES Have All the Sterling Worth and Wear That Make United States Tires Supreme

A complete stock of United States Tires carried by
MINERAL MOTOR COMPANY, Big Stone Gap, Virginia

Stop Filling The Garbage Pail

More Good Food Goes Into Garbage Pails Than Would Be
Required to Feed Belgium.

Tells How To Eliminate Waste.

The American nation is the best fed people in the world, and we are also the greatest food wasters. We throw more good food into the garbage pail than would be required to feed Belgium. Stop filling the garbage pail!

This great waste is not wilful. Most of it is caused by the ill health of some member of the family. Indigestion, constipation, sour, gassy stomach, weak kidneys, bladder trouble, sluggish liver, etc., are ailments that are almost common to us. In that condition there is very little appetite created no matter how good the food that is placed before us.

The real solution of eliminating waste, therefore is found in keeping the system tuned up and the vital organs working properly. A good tonic is the proper course. Acid Iron Mineral is the best tonic to take. It aids the digestive organs to perform properly, creates appetite, purifies the blood, increases weight, brings a healthy color to the skin, strengthens weak kidneys and bladder, sets the liver to working properly, and tones up the whole system in general.

Acid Iron Mineral is not a patent medicine. It is obtained from the only natural medicinal iron mineral deposit of its kind known to the world, and is free from alcohol, will not injure or discolor the teeth.

By diluting a fifty-cent bottle of A-I-M in four gallons of water a splendid mineral water may be had for use by all the family. Try this receipt, watch the contents of the garbage pail diminish.

At all druggists in 50c and \$1 sizes.—adv.

Says Phosphates Make Beautiful Women and Strong, Healthy, Virgorous, Robust Men.

Physicians all over the world are prescribing phosphates to build up run down endemic conditions and those who have created their patients with Argo-Phosphate are changing thin, endemic women with toneless tissues, flabby flesh, into the most beautiful rosy checked and plump round formed women imaginable.

Atlanta, Ga.—Dr. Jacobson said in a recent interview that 90 per cent. of anemia comes from nervous breakdown which can only be corrected by supplying the necessary phosphates to the nervous system that is lacking in the food you eat, and this can be quickly supplied by taking one or two 5 grain Argo-Phosphate tablets after each meal, and at bed time. It will in many cases make a pale sawney face the picture of health in a few days. I have seen women that I expected would have to be kept under treatment for months restored to perfect health in one or two weeks time.

SPECIAL NOTICE The Argo-Phosphate recommended by Dr. F. H. Jacobson contains phosphates such as are prescribed by leading physicians throughout the world, and it will be found the most effective form for treating patients with Nervous Dyspepsia, Stomach Troubles, Brain Pain, and Nervous Prostration. It will renew youthful vim and vigor, and build up the whole body. If your druggist will not supply you with Argo-Phosphate, send \$1.00 for two weeks treatment, to Argo Laboratories, 10 Forsyth St., Atlanta, Ga.—adv.

Appalachia Items

On Saturday afternoon at 3 o'clock a pretty little daughter entered the home of Attorney and Mrs. R. R. Parker. Mrs. Parker was formerly Miss Margaret Carrier, who graduated from the Appalachia High School, term of 1916.

Mrs. Elizabeth Delp, of Elk Creek, Va., has announced the approaching marriage of her daughter, Nannie Lou, to Prof. Emmett E. Givens, of Newport, Va., on Wednesday morning, August 15th, 1917. Prof. Givens is well known in this section, as is also Miss Delp. Mr. Givens has taught in the Appalachia High School, and was principal of the Stone Gap Graded School for the term of 1915-16. He was also principal of East Stone Gap High School last year and was re-elected for this year. Miss Delp was also a teacher in that school the past term. Mr. Givens is a cultured, well educated young man and has a host of friends here who wish for him much happiness in wedded life. Miss Delp is well and favorably

known here, she having often visited her sister, Miss Anna, who taught in the Appalachia school the past two years.

Mr. and Mrs. Warren Mitchell are the proud parents of a new baby girl.

V. J. Johnson continues right much indisposed and is taking treatment in Bristol.

Mrs. R. T. Irvine, E. E. Goodloe and Otis Mouser, of Big Stone Gap, were Appalachia visitors Monday afternoon.

Mrs. Hiram L. Fuller, who has been very ill for some time, is yet right sick, we are sorry to state.

Mrs. J. P. Hendricks received a message Saturday morning announcing the birth of twin sons to Mr. and Mrs. Dallas P. Mays, August 2nd, at their home at Pride, W. Va. Mr. Mays is a brother of Mrs. Hendricks and has visited her here and at Big Stone Gap several times.

Miss Fannie Spracher, of Bristol, is visiting her sister, Mrs. R. B. Taylor, and family.

W. L. Mainous, who has been sick for some time, is improving, and is now at the home of his parents, Mr. and Mrs. J. T. Mainous, at Buck Creek, Ky., for a visit.

Miss Olive Bergren entertained a number of her friends at a birthday party at her home at Mission Hall Saturday night.

UGH! CALOMEL MAKES YOU DEATHY SICK

Stop Using Dangerous Drug
Before It Salivates You!
It's Horrible!

You're bilious, sluggish, constipated and believe you need vile, dangerous calomel to start your liver and clean your bowels.

Here's my guarantee! Ask your druggist for a 50 cent bottle of Dodson's Liver Tonic and take a spoonful tonight. If it doesn't start your liver and straighten you right up better than calomel and without griping or making you sick I want you to go back to the store and get your money.

Take calomel today and tomorrow you will feel weak and sick and nauseated. Don't lose a day's work. Take a spoonful of harmless, vegetable Dodson's Liver Tonic tonight and wake up feeling great. It's perfectly

harmless, so give it to your children any time. It can't salivate, so let them eat anything afterwards.—adv.

Colored People Delighted With New Discovery To Bleach The Skin

Atlanta, Ga.—Says that recent tests have proven without doubt that swarthy or sallow complexions can be made light by a new treatment recently discovered by a man in Atlanta. Just ask your druggist for Cocotone Skin Whitener. People who have used it are amazed at its wonderful effect. Bid your face of that awful dark color or greasy appearance in a few minutes. It costs so little that you can't afford to do without it. Just think how much prettier you would look with that old dark skin gone and new, light skin in its place. Men and women today must care for their complexions to enter society. If your druggist will not supply you with Cocotone Skin Whitener, send 25c for a large package to Cocotone Co., Atlanta, Ga.—adv.

State Board Of Charities

The date for the meeting of the State Board of Charities and Corrections has been fixed as September 2, 3 and 4, Administration Building, Normal School, East Radford, Virginia.

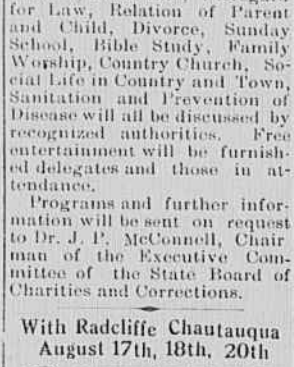
This is the first time a meeting of the State Board of Charities and Corrections have ever been held in the western part of the State. Probably no meeting of the State Board of Charities and Corrections has ever been so important as the meeting the present year, owing to the great number of problems that have developed during the last few years. The Legislature next winter will be called upon to deal with many problems that will be discussed at Radford September 2, 3 and 4.

A large number of leaders in work of this kind, both in the State and Nation, have places on the program. Among these are Dr. Kate Waller Barrett, National Superintendent of the Florence Crittenden Homes for Girls, Mrs. Barrett is recognized as one of the leaders in work of this kind throughout the world. Dr. Alexander Johnson, of Vineland, New Jersey, will discuss "State Care of the Feeble-minded". Dr. H. H. Hart, of New York City, representing the Russell Sage Foundation, will speak on "Virginia and Her Children." A large number of the most prominent men and women in Virginia, representing all phases of charity and correction work have places on the program.

This meeting will deal with the problems of the defective and delinquent classes, and the abnormal conditions in this State. Heredity, Insanity, Prisons, Home Life, Disregard for Law, Relation of Parent and Child, Divorce, Sunday School, Bible Study, Family Worship, Country Church, Social Life in Country and Town, Sanitation and Prevention of Disease will all be discussed by recognized authorities. Free entertainment will be furnished delegates and those in attendance.

Programs and further information will be sent on request to Dr. J. P. McConnell, Chairman of the Executive Committee of the State Board of Charities and Corrections.

With Radcliffe Chautauqua
August 17th, 18th, 20th



J. M. Williams.—An orator of the highest and most forceful type. For many years at the head of the Normal Institute, Jasper, Fla.

Reasons Why You Should See "Womanhood, the Glory of the Nation."

Some reasons for the remarkable success of "Womanhood, the Glory of a Nation":

New York is shown bombed from the sky.

Submarines are shown discharging torpedoes under water.

The Capitol at Washington is the background for a scene containing thousands of people.

Two high blooded European gallants fight a duel with rapiers. Zepplins are witnessed maneuvering in action.

A new invention, the "aerial torpedo," is demonstrated.



The Legendary Columbia is brought to life with an invincible sword and shield.

A human militaristic machine slays his own son to enforce discipline and to gain time for a battle.

A Civil War battlefield strewn with hero dead is transformed into terrain peopled with restored armies.

A heroine of the nation is kidnapped in an aeroplane by foreign agents.

A whole navy is destroyed in a sea of burning oil.

Gas attacks as conducted on the battlefield are reproduced with fidelity to actual conditions.

President Wilson is presented delivering an oration to a victorious nation. At Amuzu Theatre Thursday, August 9th.

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 35 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by him.

NATIONAL BANK OF COMMERCE, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all druggists. Take Hall's Family Pills for constipation.

Reasons!

Why you should use Cardui, the woman's tonic, for your troubles, have been shown in thousands of letters from actual users of this medicine, who speak from personal experience. If the results obtained by other women for so many years have been so uniformly good, why not give Cardui a trial?

Take

CARDUI

The Woman's Tonic

Mrs. Mary J. Irvin, of Cullen, Va., writes: "About 11 years ago, I suffered untold misery with female trouble, bearing-down pains, headache, numbness... I would go for three weeks almost bent double... My husband went to Dr. Cardui... After taking about two bottles I began going around and when I took three bottles I could do all my work." E-80

ENROLL NOW FOR SUMMER CLASSES

Smith's Shorthand School and Commercial College

I. KIRK SMITH, Director

Two Schools in Two Towns
Norton and Appalachia, Va.

—ADDRESS—

P. O. Box 129, NORTON, VA.

Southern Railway System Condensed Time Card EASTERN TIME

No. 1, Daily: Lv. Mountain City 7:00 a. m.; Elizabethton 8:45 a. m.; Ar. Bristol 9:30 a. m.; Lv. Bristol 10:15 a. m.; Gate City 11:15 a. m.; Ar. Albert Yard 11:50 a. m.; Connects with No. 3 at Albert Yard for Appalachia.
No. 2, Daily: Lv. St. Charles 7:15 a. m.; Appalachia 8:50 a. m.; Gate City 10:11 a. m.; Moccasin Gap 10:41 a. m.; Ar. Bristol 12:05 Noon. Connects at Moccasin Gap with No. 1 from Bulls Gap.
No. 3, Daily: Lv. Bulls Gap 8:45 a. m.; Moccasin Gap 10:45; Gate City 10:55 a. m.; Big Stone Gap 12:45 p. m.; Ar. Appalachia 1:00 p. m.
No. 4, Daily: Lv. Appalachia 1:30 p. m.; Big Stone Gap 1:35 p. m.; Albert Yard 3:00 p. m.; Gate City 3:40 p. m.; Ar. Bulls Gap 5:00 p. m.; Connects at Albert Yard with No. 6 for Bristol and Mountain City.
No. 5, Daily: Lv. Bristol 5:00 p. m.; Gate City 6:36 p. m.; Big Stone Gap 8:12 p. m.; Appalachia 8:25 p. m.; Ar. St. Charles 9:45 p. m.
No. 6, Daily: Lv. Albert Yard 3:40 p. m.; Gate City 3:20 p. m.; Ar. Bristol 1:40 p. m.; Lv. Bristol 5:10 p. m.; Elizabethton 6:05 p. m.; Ar. Mountain City 7:40 p. m.
No. 9, Daily, except Sunday: Lv. Bulls Gap 11:10 a. m.; Ar. Rogersville 12:05 p. m.
No. 10, Daily, except Sunday: Lv. Rogersville 8:50 a. m.; Ar. Bulls Gap 9:40 a. m.
No. 11, Daily, except Sunday: Lv. Bulls Gap 6:05 p. m.; Ar. Rogersville 6:50 p. m.
No. 12, Daily, except Sunday: Lv. Rogersville 3:15 p. m.; Ar. Bulls Gap 4:10 p. m.
W. E. ALLEN, D. P. A., Bristol, Va.

N. & W. Norfolk and Western Schedule in Effect Nov. 22, 1914.

LEAVE NORTON, VA. 6:15 a. m. and 2:30 p. m. for Bluefield and intermediate stations. Parlor Car on 2:30 p. m. train. Connection at Bluefield with Trains East and West—Pullman Sleepers, Dining Cars.
LEAVE BRISTOL, VA. Daily, 6:15 a. m. for East Radford, Roanoke, Lynchburg, Petersburg, Richmond and Norfolk. Pullman Parlor Car to Richmond, Roanoke to Hagerstown, Pullman sleeper Hagerstown to New York.
5:00 p. m. for Norfolk and intermediate points. Pullman Sleepers to Norfolk.
1:02 p. m. and 7:55 p. m. (limited). Solid trains with pullman sleepers to Washington, Baltimore, Philadelphia and New York via Lynchburg. Does not make local stops.
12:15 p. m. daily for all points between Bristol and Lynchburg. Connected at Walton at 5:10 p. m. with the Va. Express for all points west and northwest.
W. C. SAUNDERS, G. P. A.,
W. B. BEVILLE,
Pass. Traf. Mgt.,
Roanoke, Va.

Dr. G. C. Honeycutt
DENTIST
BIG STONE GAP, VA.
Office in Willis Building over Mutual Drug Store.
Will be in Clinchport every Saturday.

FOX & PECK,
Civil and Mining Engineers.
Big Stone Gap, Va., Harlan, Ky.
Reports and estimates on Coal and Timber Lands, Design and Plans of Coal and Coke Plants, Land, Railroad and Mine Engineering, Electric Blue Printing.

DR. G. M. PEAVLER,
Treats Diseases of the
Eye, Ear, Nose and Throat.
BRISTOL, TENN.
Will be in Appalachia Third
Friday in Each Month.
may 15-95-1

UNIVERSITY OF VIRGINIA
Head of Public School System of Virginia
DEPARTMENTS REPRESENTED
College, Graduate, Law, Medicine, Engineering
LOAN FUNDS AVAILABLE
to deserving students. \$10.00 covers 4 coats to Virginia students in the Academic Departments. Send for catalogue.
Howard Winston, Registrar,
University, Va.

S. S. Masters & Co.
General Blacksmith
Repair Work.
Boiler and Machine Repairing. Horse shoeing a specialty. Wagon and Hogn Work. We make a specialty of putting on rubber tires. All work given prompt and careful attention.
Big Stone Gap, Va.

Dr. J. A. Gilmer
Physician and Surgeon
OFFICE—Over Mutual Drug Store
Big Stone Gap, Va.

DR. THOMAS F. STALEY
Refractionist.
Treats diseases of the Eye, Ear, Nose and Throat.
Will be in Appalachia FIRST FRIDAY in each month until 8 P. M.
BRISTOL, TENN.-VA.

J. C. CAWOOD
BLACKSMITHING
Big Stone Gap, Va.
Wagon and Hogny Work a Specialty. I have an Up-to-date Machine for putting on Rubber Tires. All work given prompt attention.